



**2012 MONTEREY COUNTY  
CAREGIVER & SENIOR RESOURCES**

	<u>Telephone</u>	<u>Website or Address</u>
<b>Adult Day Centers</b>		
Visiting Nurse Association & Hospice - Adult Day Service Center	831-643-0278	ccvna.com
WISDOM Centers	831-442-0100	wisdomcenters.com
<b>Caregiver</b>		
Alzheimer's Association	800-272-3900	alz.org/norcal
Health Projects Center – Del Mar Caregiver Resource Center	831-424-4359	delmarcaregiver.org
<b>Consumer Protection</b>		
California Department of Consumer Affairs	800-952-5210	www.dca.ca.gov
<b>Disabilities/Adaptive Technologies</b>		
Blind and Visually Impaired Center	800-404-3505	blindandlowvision.org
California Telephone Access Program	800-806-1191	ddtp.org
Central Coast Center for Independent Living	831-757-2968	cccil.org
Deaf and Hard of Hearing Service Center	831-753-6540	dhhsc.org
<b>Financial Assistance/Literacy</b>		
Alliance on Aging Tax Counseling Program	831-655-1334	allianceonaging.org
Consumer Credit Counseling Service	800-969-7526	ccssc.org
Housing Resource Center	800-946-1911	hrcmc.org
U.S. Department of Housing and Urban Development	800-225-5342	hud.gov
Monterey County Social & Employment Services	831-755-4400 Salinas	co.monterey.ca.us/departments.htm
- Cash-Aid	831-899-8001 Seaside	
Catholic Charities – rental, food, utility assistance	831-393-3110 Seaside	dioceseofmonterey.org/ministries
	831-753-5314 Salinas	
<b>Food/Home Delivered Meals</b>		
Food Bank for Monterey County	831-758-1523	food4hungry.org
Meals on Wheels of the Monterey Peninsula	831-375-4454	mowmp.org
Meals on Wheels – Salinas Valley	831-758-6325	mealsonwheelsofsalinas.org
Monterey County Social & Employment Svs. - Food Stamp	831-755-4400 Salinas	co.monterey.ca.us/departments.htm
	831-899-8001 Seaside	
<b>Housing/Homeless</b>		
CHISPA	831-757-6251	chispahousing.org
Housing Authority of the County of Monterey	831-775-5000	hamonterey.org
Housing Resource Center	800-946-1911	hrcmc.org
Shelter Outreach Plus	831-384-3388	shelteroutreachplus.org
- 24 Hour Family Helpline	800-339-8228	
MCHOME – Interim, Inc. (Homeless adults with mental illness)	831-883-3030	interiminc.org
<b>Hospice/End of Life Resources</b>		
Compassionate Care Alliance On Aging	831-655-9506	comcarealliance.org
Visiting Nurse Association & Hospice	831-751-5500	ccvna.com
Hospice of the Central Coast	831-649-7750	chomp.org
Heartland Hospice	831-373-8442	heartlandhospice.com

*For additional resources, call the Office of Aging and Adult Services: 1-800-510-2020*



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<b>Health</b>		
Clinica de Salud – Administration	831-757-8689	csvg.org
- Dental	831-444-9722	
- Optometry	831-757-1264	
- Mobile Clinic (Medical & Dental)	831-970-1972	
Alisal Health Center	831-769-8800	559 E. Alisal #201, Salinas 1150 Fremont Blvd., Seaside 3155 De Forest Road, Marina, 93933
Seaside Family Health Center	831-899-8100	
Monterey County Health Clinic @ Marina	831-384-1445	
Cancer Detection Program: Call for qualification		
- Free Cervical Cancer screening (women age 25+)	800-511-2300	
- Free Breast Cancer screening (women age 40+)		
Rota Care Monterey Peninsula (Free medical clinic)	831-659-8037	
- Wednesday night (5pm – 9pm)		
<b>Medical Referral Services</b>		
Monterey Bay Dental Society (Referrals to dentists)	831-658-0168	mbdsdentists.com
Medical Society (Referrals to doctors w/Medi-cal & Medicare very limited)	831-455-1008	
<b>In Home Care</b>		
IHSS (In Home Support Services) – non- medical	831-755-3403 Salinas	co.monterey.ca.us/aaa/
	831-883-7565 Monterey	
VNA (Visiting Nurse Association)	831-372-6668	ccvna.com
<b>Legal/Governmental</b>		
Legal Services for Seniors	831-442-7700 Salinas	legalservicesforseniors.org
	831-899-0492 Seaside	
California Rural Legal Assistance	831-757-5221 Salinas	
	831-375-0505 Monterey	
Monterey County Bar Association	831-663-6955	montereycountybar.org
- Lawyer Referral Service		
Monterey County District Attorney	831-755-5070 Salinas	co.monterey.ca.us/da
Social Security Administration	877-600-2857	ssa.gov/reach.htm
U.S. Citizenship and Immigration Services	800-375-5283	uscis.gov
Catholic Charities – Immigration Services	831-422-0602 Salinas	dioceseofmonterey.org/ministries
<b>Medicare/MediCal</b>		
Alliance on Aging, HICAP Program	831-655-1334	AllianceOnAging.org
Central California Alliance for Health	800-700-3874	ccah-alliance.org
Monterey County Social & Employment Svcs. – Medi-Cal	831-755-4400	co.monterey.ca.us/departments.html
<b>Mental Health Services/Emotional Support</b>		
Alliance on Aging, Senior Peer Counseling	831-646-4636	AllianceOnAging.org
Interim, Inc.	831-649-4522	interiminc.org
Monterey County Behavioral Health	831-755-4510	co.monterey.ca.us/health
<b>Nursing Homes/Assisted Living Facilities</b>		
Alliance on Aging, Ombudsman Program	831-655-7560	AllianceOnAging.org



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<b>Safety</b>		
CHOMP Lifeline	831-625-4516	chomp.org
Telecare	831-625-4557	
Salinas Valley Memorial Hospital: Lifeline	831-755-0788	svmh.com
<b>Senior Centers (Activities &amp; Lunch)</b>		
Active Seniors, Inc. (membership)	831-424-5066	100 Harvest St., Salinas 93901
Carmel Foundation (membership)	831-624-1588	carmelfoundation.org
Castroville Community Center	831-633-3084	11261 Crane St., King City, 93930
Leo Meyer Senior Center	831-385-4562	415 Queen St., King City, 93930
Los Ositos Community Center	831-674-5100	1083 Elm Ave., Greenfield, 93927
Marina Community Center	831-384-6009	211 Hillcrest Ave., Marina, 93933
Scholze Park Center (Monterey Senior Center)	831-646-3878	280 Dickman, Monterey, 93940
Oldemeyer Center	831-899-6339	986 Hilby Ave., Seaside, 93955
Prunedale Senior Center	831-663-5023	8300 Prunedale Rd. Nth, Prunedale
Salinas Firehouse Recreation Center	831-775-4288	1330 E. Alisal St., Salinas, 93905
Sally Griffin Active Living Center	831-375-4454	700 Jewell Ave., Pacific Grove, 93950
Salvation Army	831-443-9655	2460 Main St., Salinas, 93906
St. Ansgars Luthern Church (Salinas Lunch Only – First Tuesday of every month)	831-758-4011	AllianceOnAging.org
<b>Social Service/Crisis Intervention</b>		
Adult Protective Services (APS)	831-883-7565	mcdses.co.monterey.ca.us
Catholic Charities	831-393-3110	dioceseofmonterey.org
Salvation Army – Salinas	831-443-9655	salvationarmy.org
Salvation Army – Monterey Peninsula	831-899-4911	tsamonterey.com
Suicide Prevention Service of the Central Coast	877-663-5433	suicide.org
<b>Support Groups</b>		
Community Hospital of the Monterey Peninsula	888-45-CHOMP	chomp.org
Salinas Valley Memorial Hospital	831-757-4333	svmh.com
VNA & Hospice (Grief & Loss Support Group)	831-758-4200	ccvna.com
<b>Transportation</b>		
Monterey Salinas Transit (MST)/Rides Program	888-678-2871	mst.org
Coastal Yellow Cab, Inc.	877-YELLOWCAB or 831-333-0533	cycntaxi.com
ITN – Monterey County	831-233-3447 Monterey 831-240-0850 Salinas	itnmontereycounty.org
<b>Utility/Energy Benefit Program</b>		
Central Coast Energy Services	888-728-3637	energyservices.org
PG&E Care Program	866-743-2273	pge.com/care
<b>Veterans</b>		
Military and Veterans Affairs Office	831-647-7610	co.monterey.ca.us/va